



IAAF Medical & Anti-Doping Department

Advisory Note – Anti-Doping Rule Violations &
Sanctions, 2013

INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS

ADVISORY NOTE – ANTI-DOPING RULE VIOLATIONS & SANCTIONS

(Article 32 – [IAAF Competition Rules](#))

Doping is defined as the occurrence of one or more of the following anti-doping rule violations:

- The Presence of prohibited Substance or its Metabolites or Markers in an Athlete's Sample;
- The Use or Attempted Use by an Athlete of a Prohibited Substance or Prohibited Method;
- The Refusal or failure without compelling justification to submit to Sample collection after notification as authorised in applicable anti-doping rules, or otherwise evade sample collection;
- The violation of applicable requirements regarding Athlete availability for *Out-of-Competition* testing, including failure to file required Whereabouts information and Missed Tests which are declared based on rules which comply with the International Standard for Testing. Any combination of three Missed Tests and/ or Filing Failure within an eighteen-month period as determined by Anti-Doping Organisations with jurisdiction over the Athlete shall constitute an anti-doping rule violation;
- The Tampering or Attempted Tampering with any part of Doping Control;
- The Possession of a Prohibited Substance or Prohibited Method;
- The Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method;
- The Administration or Attempted administration to any Athlete *In-Competition* of any Prohibited Method or Prohibited Substance, or administration or Attempted administration to any Athlete *Out-of-Competition* of any Prohibited Method or Prohibited Substance that is prohibited *Out-of-Competition*, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any Attempted anti-doping rule violation.

The IAAF Anti-Doping Rules and Regulations are, primarily, directed towards athletes. However, some are also intended to apply equally to athlete support personnel, such as coaches, doctors, representatives et al.

An Anti-Doping rule violation can result in disciplinary action against the athlete or athlete's support personnel even up to eight years after it had actually been committed.

What are the sanctions for athletes committing a doping offence?

The standard sanction for a first-time doping offence under IAAF Anti-Doping Rules is a two-year suspension from all athletics competitions, both nationally and internationally.

In truly exceptional circumstances, the standard sanction may be reduced. In case of an adverse analytical finding (the finding, by an accredited laboratory, of a prohibited substance in an athlete's doping control sample), the athlete must demonstrate, as a prerequisite, the origin of the finding; in other words, how the substance entered their system.

In most cases, an athlete simply claiming that they were unaware that they were consuming a prohibited substance – or engaging in a prohibited practice – will not be considered as grounds for a reduction in sanction, as negligence is not regarded as a valid excuse.

However, athletes who assist the IAAF, or another Anti-Doping Organisation, in discovering and establishing doping offences against third parties may have their initial sanction reduced.

Sanctions may also be increased up to four years in cases where there is evidence that an athlete deliberately or persistently committed the infraction. An athlete who commits a second doping offence can be banned for life.

In addition to serving a period of ineligibility, athletes found guilty of a doping offence will have all their results disqualified from the date of the doping offence (in case of an adverse analytical finding, the date of sample collection) with all resulting consequences including the forfeiture of titles, awards, medals points and prize appearance money.

If the athlete competed as a member of a relay team, the results of the relay team will be disqualified.